



**The 100% Natural Way to Better Health since 1853**

**In this leaflet:**

1. What JL Braggs Medicinal Charcoal Tablets are and what they are used for
2. Before you use JL Braggs Medicinal Charcoal Tablets
3. How to use JL Braggs Medicinal Charcoal Tablets
4. Possible side effects
5. How to store JL Braggs Medicinal Charcoal Tablets
6. Further information

**Read this leaflet carefully as it contains important information for you.**

This medicine is available without prescription. However, you still need to use JL Braggs Medicinal Charcoal Tablets carefully to get the best results from them.

**Keep this leaflet, you may need to read it again**

Ask your pharmacist if you need more information or advice

You should contact a doctor if your symptoms worsen or do not improve within 5 days.

If any of the side effects become serious or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist

**1. What JL Braggs Medicinal Charcoal Tablets are used for**

JL Braggs Medicinal Charcoal Tablets are used for the relief of indigestion, heartburn, wind, flatulence, dyspepsia (pain in the upper abdomen, bloating, belching, nausea).

**2. Before you use JL Braggs Medicinal Charcoal Tablets**

**Do not use JL Braggs Medicinal Charcoal if you:**

Are taking other medication consult your doctor or pharmacist.

**Do not give JL Braggs Medicinal Charcoal to children under 12.**

**Taking other medication:**

Consult your doctor or pharmacist before taking activated charcoal, it is a powerful adsorbent and may reduce the effect of other medication if taken at the same time.

**Taking JL Braggs Medicinal Charcoal with food and drink:**

May be taken by mouth before or after meals with drink, alternately the tablets may be chewed.

**Pregnancy and breast-feeding:**

May be used during pregnancy and breast-feeding

**Driving and using machinery:**

No effect on ability to drive or use of machinery has been observed.

**HARD TO READ TEXT? PHONE: 01473 748345 FOR HELP**

### 3. How to use JL Braggs Medicinal Charcoal Tablets

Always use JL Braggs Medicinal Charcoal Tablets exactly as your pharmacist or doctor has told you. You should check with your pharmacist or doctor if you are not sure

**Dosage:** The recommended dose is.

**Adults and children over 12:** 2-4 tablets taken before or after meals three times a day.

**Administration:**

Remove 2-4 tablets from the container, take the tablets by mouth, these may be chewed or swallowed, take with water.

**If you use more JL Braggs Charcoal Tablets than you should:**

Discontinue medication and check with your pharmacist or doctor.

**If you forget to use JL Braggs Medicinal Charcoal Tablets**

Do not take a double dose if you forget to take the previous dose, continue using according to the dosage instructions.

### 4. Possible side effects

Like all medicines, J.L Braggs Medicinal Charcoal Tablets may cause side effects, although not everybody gets them. Regular users may notice a darkening of the stools. If this side effect concerns you, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

### 5. How to store JL Braggs Medicinal Charcoal Tablets

**Keep out of reach and sight of children,** Store below 25°C

Secure lid firmly when not in use. Do not use JL Braggs Medicinal Charcoal Tablets after the use by date which is printed on the side of the container, the use by date refers to the last day in the month stated on the label.

Medicines should not be disposed of via waste-water or household waste, ask your pharmacist to dispose of medicines no longer required. These measures will help protect the environment.

### 6. Further information

**What JL Braggs Medicinal Charcoal contains:**

The **active substance** is activated charcoal 300mg/tablet.

The **other ingredients** are icing sugar, starch, gum tragacanth, magnesium stearate.

**What JL Braggs Medicinal Charcoal Tablets look like and the contents of the pack.**

JL Braggs Medicinal Charcoal tablets are round black tablets with no break lines or embossing present on the tablet. The product is currently available in two pack sizes containing 100 and 250 tablets.

**Marketing Authorisation Holder and Manufacturer:**

JL Bragg (Ipswich) Ltd, 33 Boss Hall Road, Ipswich Suffolk. IP1 5BN.

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This medicinal product is authorised for sales in the following member states of the EEA under the following names: